PARMA CITY SCHOOLS DISTRICT

MINUTES

INSURANCE COMMITTEE MEETING

01-10-2023

Meeting called to order at 1:30 p.m.

Financials

 Sean discussed the Financials for the Insurance Fund. The fund balance as of 12/31/2022 was \$5,640,123.51

Wellness

• Chuck Caldwell and Cheryl Meriwether discussed the different wellness programs held during the week. They plan to continue the course of Bob Gorman's plan.

Medical Mutual

• Tracey Gutzky from Medical Mutual provided a network review of the plan with a handout.

Oswald

 Oswald provided updates of our plan for the remainder of the fiscal year including providing estimated premium increases starting at the March meeting.

Meeting was adjourned at 2:10 p.m.

Next meeting: 02/14/2023

Insurance Fund Balances at the End of the Month

	FY2023	FY2022	FY 2021	FY 2020
July	5,645,206.14	5,558,392.85	5,573,815.38	5,433,836.70
August	5,085,511.73	5,191,023.25	5,147,981.24	4,854,018.56
September	5,032,417.99	5,316,651.75	4,994,762.70	4,913,615.37
October	5,258,602.12	4,825,201.69	4,874,579.62	4,931,366.00
November	5,428,852.68	4,767,091.73	5,197,410.84	4,581,131.85
December	5,640,123.51	4,895,542.80	5,606,006.57	4,383,919.56
January		5,150,539.91	5,637,525.80	4,694,488.51
February		5,425,134.16	6,234,559.58	4,729,110.00
March		5,491,269.67	6,312,470.98	4,611,370.67
April		5,197,783.64	5,644,422.93	4,804,538.54
May		5,737,002.57	5,627,511.97	5,539,052.32
June		6,795,523.85	6,670,919.06	6,256,702.07

	- MAC	onthly MMO Admin Fe	
Week Ending	Medical Mutual	Express Scripts	Weekly Total
01/06/23	342,396.90	47,929.77	390,326.67
12/30/22	290,633.36	116,657.56	407,290.92
12/23/22	225,319.65	107,275.84	332,595.49
12/16/22	332,336.52	98,621.62	430,958.14
12/09/22	349,391.20	88,079.10	437,470.30
12/02/22	274,615.95	160,824.04	435,439.99
11/25/22	256,512.73	128,176.67	384,689.40
11/18/22	394,792.54	94,562.10	489,354.64
11/11/22	272,835.21	81,038.45	353,873.66
11/04/22	335,360.41	113,100.29	448,460.70
10/28/22	245,711.26	145,120.38	390,831.64
10/21/22	420,609.63	82,201.71	502,811.34
10/14/22	261,303.70	62,514.18	323,817.88
10/07/22	275,084.68	120,119.94	395,204.62
09/30/22	447,888.52	80,748.75	528,637.27
09/23/22	187,517.62	141,476.27	328,993.89
09/16/22	358,811.78	122,946.70	481,758.48
09/09/22	347,214.01	74,885.44	422,099.45
09/02/22	245,925.18	182,853.29	428,778.47
08/26/22	449,905.06	68,765.51	518,670.57
08/19/22	432,626.67	132,041.30	564,667.97
08/12/22	444,219.09	81,741.08	525,960.17
08/05/22	344,518.43	97,971.71	442,490.14
07/29/22	288,667.54	114,565.05	403,232.59
07/22/22	391,902.58	94,985.04	486,887.62
07/15/22	229,341.40	84,249.20	313,590.60
07/08/22	265,878.57	90,692.47	356,571.04

Committe	

Month Endi		Fiscal Year	5	2023	-	2022	_	2021		2020	-	2019	2	2018	-	2017		2016		2015		2014		2013
11/30/22		FY Beg. Balance (cash)	\$	6,795,523.85	\$	6,670,919.06	\$	6,256,702.07	\$	6,488,027.19	\$	5,343,845.39	\$	4,799,522.57	\$	2,982,710.77	\$	3,350,780.29	\$	5,786,969.17	\$	5,736,379.40	\$	6,393,935.92
		Premiums																						
	388,224.97	Employees - Med/Rx	5	1,732,246.63	S	3,169,690.73	5	2,925,130.11	\$	2,674,470.05	\$	2,683,445.83	\$	2,359,558.98	\$	2,724,714.10	\$	2,535,761.10	\$	2,465,516.77	\$	2,414,520.89	5	2,204,412.05
	11,365.16	Walon - Emp	\$	57,260.34	S	1,#29.04	\$	1,126.21	\$	1,023.57	\$	994.94	5	1,383.55	\$	1,676.96	S	2,015.56	\$	2,293.64	\$	2,014.23	5	3,566.93
	1,845,542.54	Board of Education - Med/Rx	\$	10,338,141.28	\$	20,561,037.63	\$	19,104,884.15	\$	17,515,914.74	\$	17,125,079.05	\$	17,030,980.86	\$	17,224,978.01	\$	15,926,119.85	\$	15,070,084.63	\$	15,001,485.69	\$	13,496,594.93
	53.06	Vision - BoE	\$	532.34	5	135,974.15	5	135,305.78	\$	136,592.13	\$	137,462.64	\$	142,749.73	\$	171,423.81	\$	160,159.71	5	162,082.47	\$	162,407.73	5	162,488.24
	2,110 00	Misc	\$	2,110.00	\$	9,703.71	S	9,000.00	s	49,925 69	\$	22,484.30	\$	753,187.19	\$	268,078.03	\$	24,088.21	\$	15,195.30	\$	2,337.43	\$	4,425.05
	2,247,293.73	Total Revenue	\$	12,136,290.59	\$	23,877,635.26	5	22,175,440.25	5	20,377,926.78	5	19,969,466.76	\$	20,287,860.31	5	20,390,870.91	\$	18,648,144.43	5	17,715,172.81	5	17,582,765.97	5	15,871,487.20
175-45	2,036,024.90	Total Expense	\$	13,291,690.93	5	23,753,030.47	5	21,761,223.26	5	20,609,251.90	5	18,825,284.96	5	19,743,537.49	\$	18,574,059.11	5	19,016,213.95	5	20,151,361.69	5	17,532,176.20	5	16,529,043.72
	211,270.83	Reserve Gain/(Loss)	\$	(1,155,400.34)	\$	124,604.79	\$	414,216.99	\$	(231,325.12)	\$	1,144,181.80	\$	544,322.82	\$	1,816,811.80	\$	(368,069.52)	\$	(2,436,188.88)	\$	50,589.77	\$	(657,556.52
		Claims																						
	1,488,049.52	Medical	\$	9,049,324.64	\$	16,659,825.69	5	14,755,253.70	S	13,753,517.58	\$	12,594,429.26	5	12,805,135.78	\$	12,410,709.56	\$	12,191,738.50	\$	13,643,059.28	\$	12,337,980.26	\$	11,339,032.57
	319,998.87	Prescription	5	2,541,611.41	5	4,394,392.30	5	4,536,612.46	\$	4,600,248.78	\$	4,161,413.27	\$	5,005,947.29	\$	4,151,399.04	\$	4,790,250.84	5	4,526,933.50	\$	3,747,170.86	\$	3,772,949.84
	4,817.16	Vision	\$	50,271.32	\$	100,206.56	\$	23,933.76	\$	102,607 12	\$	122,284.71	\$	113,906.54	\$	100,999.01	\$	129,630.55	\$	137,197.73	\$	143,737.38	\$	113,297.05
		Fixed Costs & Other																						
	51,194.44	Administration Fee	\$	361,323.31	\$	635,960.30	5	638,393.22	\$	635,669.15	5	636,916.31	\$	649,950.50	\$	651,483.70	\$	677,053.00	\$	723,097.84	5	693,213.62	\$	751,386.62
	168,858.69	Stop Loss Premiums	\$	1,18 / 633.86	5	1,813,794.64	5	1,614,492.54	\$	1,310,000.01	5	1,204,448.72	\$	1,032,355.96	5	996,384.92	5	896,407.56	\$	812,550.39	\$	510,777.65	\$	462,275.96
	1,905.20	Consultant/Legal Fees	\$	90,179.57	5	121,892.17	5	101,804.70	\$	104,542.75	\$	87,160.92	\$	90,535.01	\$	82,180.80	\$	73,971.40	5	72,231.60	\$	77,437.50	\$	66,062.50
	192.72	Subrogation	s	1,311.70	5	5,001.5%	s	5,159.90	\$	4,053.44	\$	4,531.85	5	5,089.16	\$	5,823.01	\$	4,704.83	\$	5,814.35	\$	3,435.43	\$	3,871.43
	200	Health Fair/Wellness	\$	(47.88)	\$	9,391.59	\$	10,448.48	\$	9,222.47	S	8,725.92	\$	9,018.92	\$	13,620.00	\$	17,719.27	\$		\$	18,423.50	\$	20,167.75
	286	ACA Fees	\$	9.45	5	(.*	s		\$	25	s	5,374.00	\$	6,428.63	\$	91,085.77	\$	159,738.00	S	230,477.00	5		5	
	1.008.30	Misc	5	10,083.00	\$	12,564.24	S	15,124.50	\$	9,390.00	\$	2.51	\$	25,169.70	\$	70,373.30	\$	75,000.00	\$	19-5	\$	-	\$	
	FY Ending Balance (cash		4	5,640,123,51	Ś.	6,795,523.85	\$	6,670,919.06	5	6,256,702.07	5	6,488,027.19	5	5,343,845.39	5	4,799,522.57	5	2,982,710.77	Ś	3,350,780.29	5	5,786,969.17	Ś	5,736,379.40

Page 1

FY 2023 Insurance Fund by Month

	Total FYTD				July		August		September		October		November		December
		Premiums													
\$	1,732,246.63	Employees	(3)	\$	339,218.17	\$	230,344.40	\$	257,316.20	\$	259,033.83	\$	258,109.06 \$	5	388,224.97
\$	63,260.34	Vision - Emp	(5)	\$	9,058.32	\$	9,131.51	\$	11,185.03	\$	11,211.79	\$	11,308.53	5	11,365.16
\$	10,338,141.28	Board of Education	(2)	\$	1,505,264.03	\$	1,493,701.65	\$	1,826,022.88	\$	1,828,046.68	\$	1,839,563.50 \$	5	1,845,542.54
\$	532.34	Vision - BOE	(4)	\$	147.91	\$	107.13	\$	81.87	\$	95.25	\$	47.12	5	53.06
\$	2,110.00	Misc	(1)	\$	*								Ş	5	2,110.00
\$	12,136,290.59	Total Revenue	1	\$	1,853,688.43	\$	1,733,284.69	\$	2,094,605.98	\$	2,098,387.55	\$	2,109,028.21	.	2,247,295.73
ć	13,291,690.93	Total Expense		\$	75 E	\$	2,292,979.10	\$	(80 65)	\$	1,872,199.42	\$	1,938,781.65		2,036,024.90
\$	(1,155,400.34)	Reserve Gain/(Loss)		\$	(1,150,317.71)		(559,694.41)		(53,093.74)	•	226,188.13	\$	170,246.56		211,270.83
7	(1,133,400.31)	2,0		150	(2,200,027.1.2)	75	(000)00000					6			
		Claims													
\$	9,049,324.64	Medical	(1)	Ś	1,863,063.77	\$	1,667,633.88	\$	1,578,024.53	Ś	1,202,709.27	\$	1,249,843.67	5	1,488,049.52
\$	2,541,611.41	Prescription	(2)		637,481.22	\$	388,158.19	\$	339,727.85		417,494.83	Ś	438,750.45		319,998.87
S	50,271.32	Vision	(5)		17,686.49	200	8,777.87	10.800	9,332.58		omikas use	\$	9,657.22		4,817.16
7	30,271.32		1-1			~	6,,,,,,	•	- 1						and the second s
		Fixed Costs & Other													
\$	361,323.31	Administration Fee	(4)	\$	104,413.81	\$	51,523.27	\$	50,979.98	\$	219,849.44	\$	(116,637.63)	5	51,194.44
Ś	1,187,633.86	Stop Loss Premiums	(3)		345,220.35	\$	ā.	8	166,430.88			\$	337,151.65	5	168,858.69
\$	90,179.57	Consultant/Legal Fees	(6)		30,939.98	\$	2,771.60		2,995.60	\$	31,962.38	\$	19,604.81	5	1,905.20
Ś	1,311.70	Subrogation	(7)	\$	206.90	\$	108.80	\$	208.30	\$	183.50	\$	411.48	5	192.72
Ś	(47.88)	Health Fair/Wellness	(9)	\$	(47.88)	\$	=	\$	255						
\$		ACA Fees	(8)		N			\$	8 2						
\$	10,083.00	Misc	(10)	\$	5,041.50	\$	4,033.20	\$	☆●				Ş	5	1,008.30





Parma City Schools

January 2023

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Topics to Cover Today

- Network Review
- Provider Tool
- Health and Wellness Programs
- Member Tools and Resources
- Questions



Network Review

Network – SuperMed® PPO



- Broad network with access to nearly every healthcare professional in Ohio and 99% of the hospitals
 - Ohio: All 88 counties
 - Kentucky: Boone, Campbell and Kenton Counties
- National network through a collaboration with Cigna®, a global healthcare company
 - Access to the Cigna® PPO for members residing or travelling outside of the SuperMed service area
- Member ID card indicates where to get care and how providers can submit claims for payment
- No referrals required

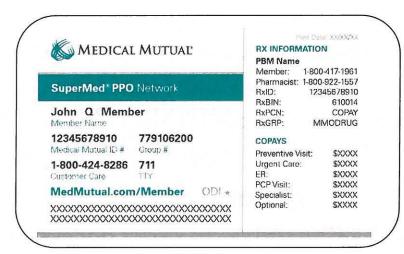
Cigna® is a trademark of Cigna Inc. and is protected throughout the world by trademark registrations and treaties.



Member Sample ID Card (SMP Network)

For Members Living INSIDE SuperMed PPO Service Area

Front



Back

FOR MEMBER

Find a provider at MedMutual.com/Member. 24/7 NURSE LINE: 1-888-912-0636

EyeMed: 1-87/-226-1115 Superior Dental Care (SDC). 1-800-801-4915 SDC Plan #: ABC123

DEDUCTIBLE AND OUT-OF-POCKET:

In-Net DED Single/Family. \$XXXXX/\$XXXXX In-Net OOP Single/Family. \$XXXXX/\$XXXXX

Possession of this card does not guarantee coverage. Benefits are not insured by Gigna or effiliates.

FOR PROVIDER

Verify eligibility, benefits and prior auth with Medical Mutual: 1-800-362-1279 or MedMutual com/Provider

Medical Mutual & SDC Claims Submission Electronic Claims Paver ID: 29076 & 31117

Providers not in SuperMed PPO Network (For services rendered out of the state of Ohio, Campbell, Boone and Kenten counties in KY)

Cigna Claims Submission

Electronic Claims Payer ID: 62308 PO. Box 188061

Chattenooga, TN 37422-8061 Cigna Group #: 1234567

AWAY FROM HOME CARE

Cigna



Find a Doctor or Hospital in Your Network

- You have choices when looking for an innetwork doctor or hospital
- 24/7 digital access
 - Download our mobile app on your smart phone or visit MedMutual.com
- Call our friendly and helpful Customer Care team for assistance
 - Mon. Thurs. from 7:30 a.m. to 7:30 p.m. (EST)
 - Fri. from 7:30 a.m. to 6:00 p.m. (EST)
 - Sat. from 9:00 a.m. to 1:00 p.m. (EST)
 - **-<1-800-521-6492>**









Find a Provider Tool (Renewal)

Log into My Health Plan at www.medmutual.com



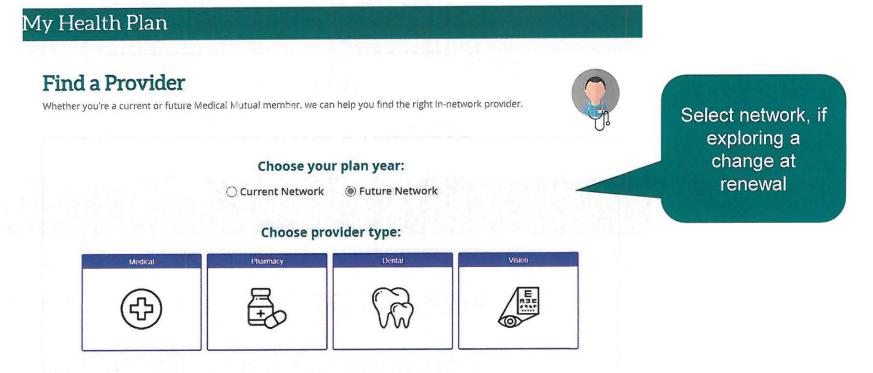
Scroll to bottom of page to Find a Provider





Find a Provider Tool (Renewal)

System will default to your current network

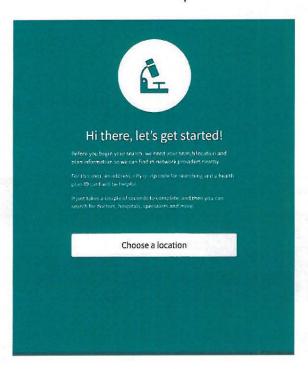




Find a Provider Tool (Renewal)

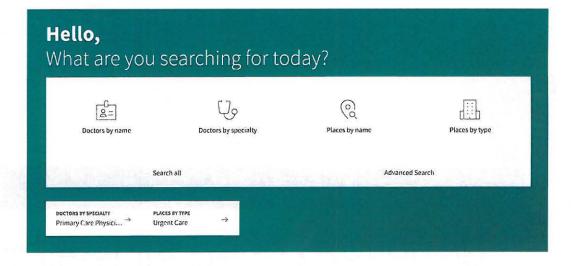
Choose Location

Enter address or zip code



Search Options:

- Search by name
- Search by specialty
- View a full list of specialties





Find a Provider Tool – Results Page (Renewal)





Health & Wellness Programs



Chronic Condition Management Program

All enrolled members are assigned a specially trained clinical coach

Diabetes

Diabetic testing supplies, electronic tablet & glucometer

Heart Failure

Electronic tablet and scale

Asthma -

Supplies as needed

- Hypertension

Digital scale, home blood pressure monitor

COPD (Chronic Obstructive Pulmonary Disease)

Electronic tablet

CAD (Coronary Artery Disease)

Electronic tablet & home blood pressure monitor



Chronic Condition Management Program

- What you should know
 - Provided at no additional cost to you
 - No member cost sharing for diabetes testing supplies if you participate
 - Medical Mutual may reach out to members who could benefit from this program
 - Methods to identify members
 - Claims from provider visits
 - Case Management referral
 - Online Health Assessment through My Health Plan
 - Nurse Line referral
 - You can refer yourself by calling 1-800-590-2583



Chronic Condition Management Program

Here's how to start your Lark Health Digital Coaching



Texting

Text LARKMM to 484848 to enroll in your Lark program.



Visiting the website

Go to www.lark.com/medical-mutual to enroll in your Lark program.



Scanning the QR code

Open your phone's camera over the code to enroll in your Lark program.

Ready to get started?

Get started today and claim your devices at no additional cost to you.

Scan this QR code with your smartphone comera to get started.



Online visit enroll.lark.com/MedMutual



Chronic Conditions Management Program

- Digital Health Coaching
 - Hypertension and Diabetes Highlights
 - Ability to integrate digital tracking of weight, blood pressure and glucose







Maternity Management

- Maternity support and digital coaching
 - Customized content & education based on your preference
 - Digital trackers (e.g., mood, blood pressure, pain)
 - App prompts & reminders such as weekly pregnancy to-do list
 - Post-delivery support such as articles on caring for your newborn and children up to age 2
- Connect to Medical Mutual's Care Management team as needed with a simple click-to-call link
- Rely on the 24/7 Nurse Line
- Find a doctor for OB and pediatric care
- Home-based OB services for high-risk pregnancies





Maternity Management

- Post-partum support includes
 - Extensive content with articles on mental health support during pregnancy; not just depression
 - Contains Edinburgh Post Natal depression screen
 - Recommends follow up with a healthcare provider
 - Referral to Medical Mutual Care Management if needed
 - Case Managers with high-risk obstetrical experience
 - Customized assessments and care plan





Maternity Management

- Find the app by searching MedMutual Maternity
 - Apple App Store® or Google Play®
 - Once app is downloaded to your device, create an account by entering your
 Medical Mutual ID number and your date of birth











MedMutual SeniorAssist Program

- SeniorAssist is a concierge service designed to save you time, stress and money when helping a loved one with healthcare and lifestyle decisions, the program includes:
 - Understanding Healthcare and Medicare Basics
 - Financial Assistance Resources
 - Advocacy for Complex Health and Life Situations
 - Social Services Resources
 - 24-Hour Nurse Line
- Call 800-877-6003 to talk with an advocate today





Medical Mutual Wellness Programs

- Comprehensive suite of programs designed to help you maximize health, wellness and quality of life
 - WW[®] Discount Program
 - QuitLine Tobacco Cessation
 - Fitness Discounts
 - Nurse Line
- Member portal to manage your health at your convenience
 - Access through My Health Plan



^{*} WW Discount Program is the program formerly known as Weight Watchers. WW is a registered trademark of WW International, Inc.



WW® Discount Program

- Members receive an upfront discount on monthly memberships
- Discount is nearly 50% savings on the cost of a standard WW[®] program
 - Discounts available for Digital, Digital + Studio and WW® for Diabetes
- Program Eligibility and Enrollment
 - Must be a Medical Mutual member
 - Contact Medical Mutual by email at <u>ww@medmutual.com</u> or by phone at 1-800-251-2583
 - Provide the following information
 - First and last name
 - Date of Birth
 - Medical Mutual ID #
 - Address
 - Email address
 - Phone number
 - We respond within three business days to complete your enrollment







Fitness and Healthy Living Discounts

- Special Membership rates to popular fitness centers/organizations through our partnership with GlobalFit
 - Anytime Fitness, 24-Hour Fitness, CrossFit, Curves and more
- Discount Programs for healthy living products
 - American Fitness.net
 - Safe Beginnings for child-proofing your home
 - YogaAccessories.com
 - Beltone Hearing Aids
 - Vitamix





Quit Line



- Tobacco Cessation Program
 - Talk with a Quit Coach® by phone to receive support
 - You have access to
 - Quit tobacco medications, including over-thecounter or prescription medications
 - Quit guide that breaks down the five steps to quitting
 - Texts with reminders to keep you motivated on your journey
 - Start living tobacco-free by enrolling today
 - Call 1-866-845-7702
 - Log in to My Health Plan at MedMutual.com/Member



24/7 Nurse Line Access

- Access to a highly-trained and experienced nurse that will
 - Listen to your concerns and provide an assessment of the situation
 - Help determine if you need to visit your doctor, an urgent care clinic or the emergency room
 - Talk through self-care for treating minor conditions at home
 - Provide easy-to-understand explanations about medical tests and results
 - Follow up later to see how you're feeling

Talk to a nurse anytime – 24 hours a day! Call 1-888-912-0636



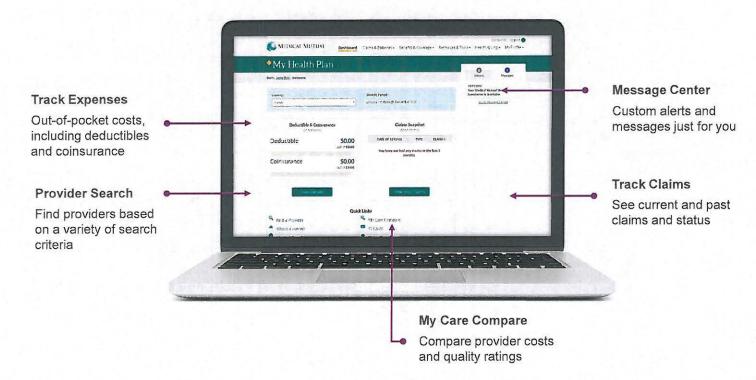


Member Tools and Resources



My Health Plan Member Portal

24/7 access to your health insurance plan





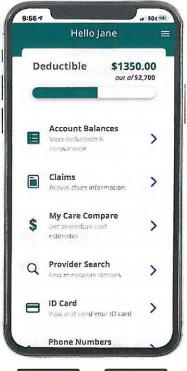
MedMutual Mobile Application

Features

- Swipe to view the back of the card
- Email ID Card
- Fax ID Card
- Contact Us shows phone numbers based on what's on the ID Card

Provider Search

- Search by address
- Mirrors My Health Plan provider search
- Many search filters available (gender, language spoken, etc.)
- One click to call
- Add to phone contacts





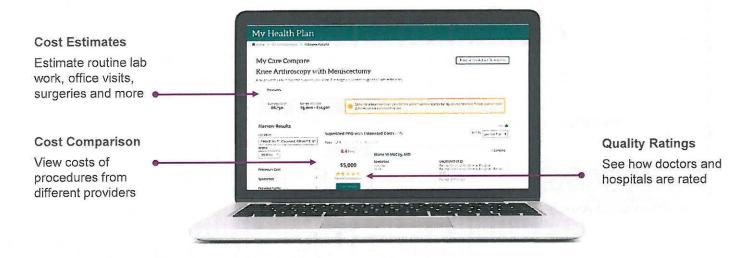




My Care Compare

Online tool for members that lets you compare facilities and providers based on price and quality ratings

- Sort by price or distance from home
- A great way to understand the varying costs of healthcare services
- Helps high-deductible health plan members manage out-of-pocket costs





MedMutual Resource Connect

MedMutual Resource Connect

(www.medmutualresourceconnect.com)

MedMutual Resource links you with free and reduced-cost social services for help with food, transportation, medical care, financial support, job training and more.

MedMutual Resource Connect links you with free and reducedcost social services for help with food, transportation, medical care, financial support, job training and more.

Simply use the search bar to find resources near you and to learn more.



